

Glasgow & Clyde
Weight Management
Service
Recipe Booklet
Main Meals 1



Salmon with a lemon pesto crust

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Springtime shepherd's pie

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Italian Lamb stew with rosemary & olives

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Chickpea, tomato & spinach curry

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Red pepper risotto

*

Beef Biryani

*

(Meat can be exchanged for meat substitutes e.g quorn)

Salmon with a lemon pesto crust

Serves 2



Ingredients:

2 skinless salmon fillets
1 slice of wholemeal bread made into breadcrumbs
1 teaspoon of lemon zest
2 teaspoons of pesto
Lemon wedges to serve

Serve with:

170g of broccoli
4 dessertspoons of peas
2 large potatoes - mashed

Tip:

To make breadcrumbs take a 1 or 2 day old slice of bread and put into a food processor and blitz until the bread has turned into breadcrumbs.

If you don't have a food processor, take the bread and chop finely into very small pieces.

Method:

Heat the oven to 220c, gas mark 6.

Mix the breadcrumbs with the lemon zest and pesto.

Press the lemon and pesto breadcrumb mixture over the salmon fillets.

Bake for 10-12 minutes until the crust is golden and the salmon is cooked.

Serve and garnish with the lemon wedges.

Total portions per meal:

2 Meat, fish & alternatives

3 starches

1 fat

Portions per person: 235kcal

1 Meat, fish & alternative

1 ½ Starches

½ Fat

Serving suggestion: broccoli, peas and 3 dessertspoons of mashed potato (2 vegetable and 1 starch portion) and garnish with the lemon wedges.

Total calories per serving: **395kcal**

Springtime Shepherd's Pie

Serves 6



Ingredients:

- 1 ½kgs of floury potatoes
- 500g of lean lamb mince
- 2 leeks, thinly sliced
- 4 spring onions, sliced
- 2 carrots, diced
- 1 stick of celery, diced
- 1 courgette, diced
- 200mls of half fat crème fraiche
- 1 lemon zest
- 100mls of semi-skimmed or skimmed milk
- 1 small bunch of parsley and chives, chopped

Method:

Heat the oven to 190c, 170c fan, gas mark 5. Boil the potatoes until tender and then drain thoroughly.

Meanwhile, heat a large frying pan and cook the mince until browned. Drain any excess fat off that may have been produced when cooking the mince.

Add the leek, spring onion, carrot, celery and cook, stirring for 3 minutes until they begin to soften.

Stir in the courgette, crème fraiche and the lemon zest.

Taste and season.

Heat the milk and add to the potatoes, mash until smooth.

Stir in the herbs. Put the lamb mince mixture into an ovenproof dish and add the potato on top, spreading it out completely until all the mince has been covered.

Bake for 20 minutes until the potato topping is golden brown then serve.

Total portions:

14 starches

5 Meat, fish & alternatives

4 Dairy

6 Fruit & vegetables

Portions per person: **425kcal**

2 ½ Starches

1 Meat, fish & alternative

½ Dairy

1 Fruit & vegetables

Serve with 2 portions of vegetables of your choice.

Total calories per serving: **505kcal**

Italian lamb stew with
rosemary and olives
Serves 6



Ingredients:

- 500g of boneless lamb shoulder with excess fat removed.
- 2 tablespoons of seasoned flour for dusting
- Spray of olive oil
- 1 ½ large onion, chopped
- 2 celery stalks, diced
- 2 carrots, peeled and diced
- 2 garlic cloves, sliced
- 1 tablespoon rosemary leaves, chopped
- 1 x 400g tin of plum tomatoes
- 10 black olives, pitted
- 1 lemon, zest and juice
- A small handful of chopped parsley to garnish

Tip:

To make seasoned flour, add some salt and pepper to flour in order to enhance the flavour.

Method:

Heat the oven to 160c, 140c fan oven, gas mark 3.

Cut the lamb into chunks and dust with the seasoned flour.

Heat a spray of olive oil in a large casserole dish and brown the meat, then remove from the dish.

Place the onions, celery, carrots, garlic and rosemary into the casserole dish, season and cook for 10 minutes.

Add the tomatoes and meat, bringing to a simmer.

Cover and cook for 2-3 hours.

Stir in the olives and lemon juice, sprinkle with lemon zest and parsley.

Serve with 700g of boiled new potatoes, which is approx 4 new potatoes per person and 2 vegetable portions of your choice.

Total portions per meal:

7 Meat, fish & alternative

7 Starches

5 Fruit & vegetables

1 extra allowance of 50 kcal for olives.

Portions per person: 370kcal

1 ½ Meat, fish & alternative

1 ½ Starches

2 ½ Fruit & vegetables including your 2 portions served with your meal.

Serving suggestion: 1 portion of fruit and vegetables and 4 egg sized boiled potatoes.

Total calories per serving **490kcal**

Chickpea, tomato and spinach curry

Serves 6



Ingredients:

- 1 onion, chopped
- 2 garlic cloves, chopped
- 3cm piece of ginger, grated
- 6 ripe tomatoes
- Spray of vegetable oil
- 1 teaspoon of cumin
- 2 teaspoon of coriander
- 1 teaspoon of turmeric
- Pinch of chilli flakes
- 1 teaspoon of marmite
- 4 tablespoons of red lentils
- 90mls of light coconut milk
- 1 head of broccoli, broken into florets
- 400g can of chickpeas, drained
- 100g of baby spinach
- 1 lemon, halved
- 1 tablespoon of toasted sesame seeds

Method:

Put the onion, garlic, ginger and tomatoes in a food processor or blender and whizz into a puree.

Heat the spray of vegetable oil in a large pan. Add the spices, fry for a few seconds and then add the puree and marmite. Bubble together for 2 minutes then add the lentils and coconut cream. Cook until lentils are tender then add the broccoli and cook for 4 minutes.

Stir in the chickpeas and spinach, squeeze over the lemon juice and sprinkle over the sesame seeds.

Serve with brown rice, approx 4 dessertspoons per person.

Total portions per meal:

6 Fruit & Vegetables

4 Meat, Fish & Alternatives

1 Fat

Portions per meal: 227kcal

1 ½ Fruit & vegetables

½ Meat, fish & alternatives

¼ fat

Serving suggestion: 6 dessertspoons of cooked rice (116g)
or 2 dessertspoons uncooked rice (42g)

Total calories per serving: **387kcal**

Red Pepper Risotto

Serves 6.



Ingredients:

3 red peppers
Spray olive oil
3 large cloves of garlic
2 cans of chopped tomatoes
1.2 litres of vegetable stock
450g of risotto rice

Method:

Grill the peppers until the skin are blistered. Put them in a bowl of cool water and leave for 10 minutes. Peel off the skins and slice the peppers.

Heat a few sprays of olive oil in a saucepan. Add the garlic and the tomatoes and cook over a gentle heat for about 5 minutes. Add the pepper slices and cook for a further 15 minutes.

Pour the stock into a separate saucepan and heat to simmering point.

Stir the rice into the vegetable mix and cook for 2-3 minutes. Add 2-3 ladles of stock to the rice and vegetable mixture, stirring until all the stock has been absorbed by the rice.

Continue to add the stock in this way making sure that each addition has been absorbed before pouring in the next.

Once the rice is soft and cooked, remove the pan from the heat, cover and leave to stand for 10 minutes before serving.

Total portions:

21 Starches

5 Fruit & vegetables

Portions per serving: 315kcal

3 ½ Starches

1 Fruit & vegetable

Serving suggestions: 2 portions of fruit and vegetables.

Total calories per serving: 395kcal

Beef Biryani

Serves 2



Ingredients:

240g of lean beef (can also use lamb or pork)

2 tablespoons of curry paste

1 onion

175g of cooked rice

60mls of water

1 cucumber, finely chopped

2 tomatoes, finely chopped

Method:

Cut the meat into small pieces.

Dry fry the meat with the curry paste.

Chop the onion and add to the pan for 5 minutes.

Add the cooked rice and water and cook for a further 2 minutes.

Stir in the tomato and cucumber.

Total portions:

3 Meat, Fish & Alternative

3 Fruit & Vegetable

3 Starches

Portions per serving: 390kcal

1 ½ Meat, Fish & Alternative

1 ½ Fruit & Vegetable

1 ½ Starches

Acknowledgments:

Recipes have been taken and adapted from the

- ❖ BBC Good Food website.
- ❖ TheIsmaili.org nutrition centre
- ❖ Weight Watchers 'Spice up your Life'